DOCUMENT RESUME

ED 119 499 95 FL 007 492

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TITLE Chinese New Year Materials for Elementary Teachers.
INSTITUTION San Francisco Unified School District, Calif. Chinese Bilingual Pilot Program.
SPONS AGENCY Office of Bilingual Education (DHEW/OE), Washington, D.C.
PUB DATE 75
NOTE 78p.; For related documents, see FL 007 438-443

EDRS PRICE MF-$0.83 HC-$4.67 Plus Postage
DESCRIPTORS *Bilingual Education; Cantonese; *Chinese; Chinese Americans; Chinese Culture; Cultural Awareness; Cultural Background; *Cultural Education; Elementary Education; *Instructional Materials; *Resource Materials
IDENTIFIERS *Elementary Secondary Education Act Title VII; ESEA Title VII

ABSTRACT

This is a resource book designed to be used by teachers in Chinese bilingual bicultural programs. The materials in the book are based on Chinese New Year customs still observed in Chinese-American communities. The resource book contains five types of materials: (1) a general introduction to the Chinese New Year, including the Chinese Lunar Year and the Cycle of the Twelve Animals, (2) Chinese New Year stories, written in both Cantonese and English, (3) Chinese New Year songs, in both Cantonese and English, (4) recipes for the Chinese New Year, and (5) art projects. (CLK)

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Chinese New Year Materials For Elementary Teachers

FL007492

By Irene Kwok
Illustrated by Wayne Chin

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General Introduction

The materials in this book are based mostly on personal experiences and research. Although these customs were experienced when I was a child living in Hong Kong and Canton, they are still practiced in the Chinese-American communities today.

The materials in this resource book are intended for teachers in the Chinese Bilingual Bicultural Programs. There are five sections: Chinese New Year Introduction, Stories, Songs, Recipes and Art Projects.

This resource book would not be possible without the aid of my friends and the staff of the Chinese Bilingual Pilot Program, ESEA Title VII in San Francisco. Thanks is also extended to the staff at Stanford University's Library, East Asian Collection, for allowing me to spend countless hours researching their Chinese collection.

Irene Kwok
San Francisco
January 1976

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Chinese New Year

Chinese New Year is celebrated on the first day of the first month of the lunar calendar. On that day, the Chinese are particularly thankful for having passed through another year safely, and they wish each other another prosperous and good year. They thank the gods, goddesses and their ancestors for all the blessings of the past year. It is a day for family reunions and big family dinners.

There is a great deal of early preparation. The entire house is cleaned and tidied up; the kitchen is of special importance. Brooms, knives, and other sharp items are hidden away until the second day of the Chinese New Year. It is believed that any sweeping on New Year's day would bring bad luck (e.g. "sweeping away money"). Red scrolls are hung on the door posts outside and in the house. Flowers such as peonies, narcissus and blossoms from plum and peach trees are displayed throughout the house; they symbolize prosperity and happiness.

On New Year's Eve, family members get together for a dinner reunion; this is considered very important. It is the one time during the year that everyone has the opportunity to see all the family members together; this is especially true of family members who either live or work far away from the family home. The adults and children stay up for the entire night. It is believed that the longer one stays up the longer one's parents will live. At midnight the New Year is welcomed

in by food offerings of vegetables to the gods and goddesses. Then firecrackers are exploded scaring away lazy and evil spirits.

On Chinese New Year's Day, family members greet each other. Married adults give out red envelopes containing money to children and single adults (they are considered children until married). These envelopes express gratitude and good wishes.

The family has an early lunch of special vegetables before visiting their friends and relatives. The special lunch is a carry over of an old Buddhist practice. It symbolizes longevity and good fortune for the coming year.

After lunch, they go to visit their friends and relatives; oranges and tangerines are brought as gifts (symbolizing money and prosperity). People greet one another saying "Kung Hay Fat Choy" ("wishing you a prosperous New Year"). When visitors arrive, they are offered many delicacies such as candied melons, fruit and melon seeds.

In China, the new year is celebrated for 14 days. Now in America, many families have lost quite a few of the old customs and celebrate for only one or two days.

新　　年

農曆正月初一是新年，又稱元旦，亦有人稱春節，是中國人一年中的一個大日子，是日，中國人大事慶祝，並互相恭賀新年的到來。

慶賀新年的原因甚多，因新年是象徵新的開始，人們藉此佳節的節日期望有新而好的一年，同時慶賀能有機會和家人們同聚一起渡其天倫之樂，更感謝天地神靈過去一年來的庇祐，並寄望祂們能在新的一年中繼續庇祐及照料。

由於不同的地方有不同的風俗，所以慶祝新年的習俗也是隨不同鄉俗而異，不過，大多數人在新年前數天都會清理住屋，並舉行謝灶的儀式，還在屋內掛上紅對聯，插上應節的花如桃花，梅花，水仙花，牡丹花或灼藥花等，因花是象徵富貴的意思。人們還買備新的衣服鞋襪以爲新年到來時穿用，同時清還年中所欠的債務。

除夕那天，家裡實行大掃除，並把掃帚刀等利器藏好，到新年的第二天才再拿來應用，因傳說在新年第一天用利器會切去好運，用掃帚會掃去新一年帶來的錢財。成人和孩子們會終夜不睡，俗稱「守歲」，傳說這能令父母長壽。家人們會從遠方各處趕回家團年食團年飯

。到子夜時份（零晨十二時），人們預備齋菜拜神，以迎接新年的來臨，同時燃放爆竹表示驅走魔鬼，送舊迎新的意思。

新年那天，家人們清早起來互相恭賀新年，卑輩們向長輩拜年，長輩給予「利是」表示吉祥的意思。然後家人們一起吃過早飯（俗稱齋晏），便帶同生果如橙，柑等及煎堆到親戚家拜年，互祝有一個愉快的新一年。親戚們也前來拜年，互道新年的來臨。

每年的新年期間，華埠仍可見紅對聯及新年的景象，不過，以往慶祝新年有十四天之久，現在只不過一、兩天罷了。

Chinese Lunar Calendar

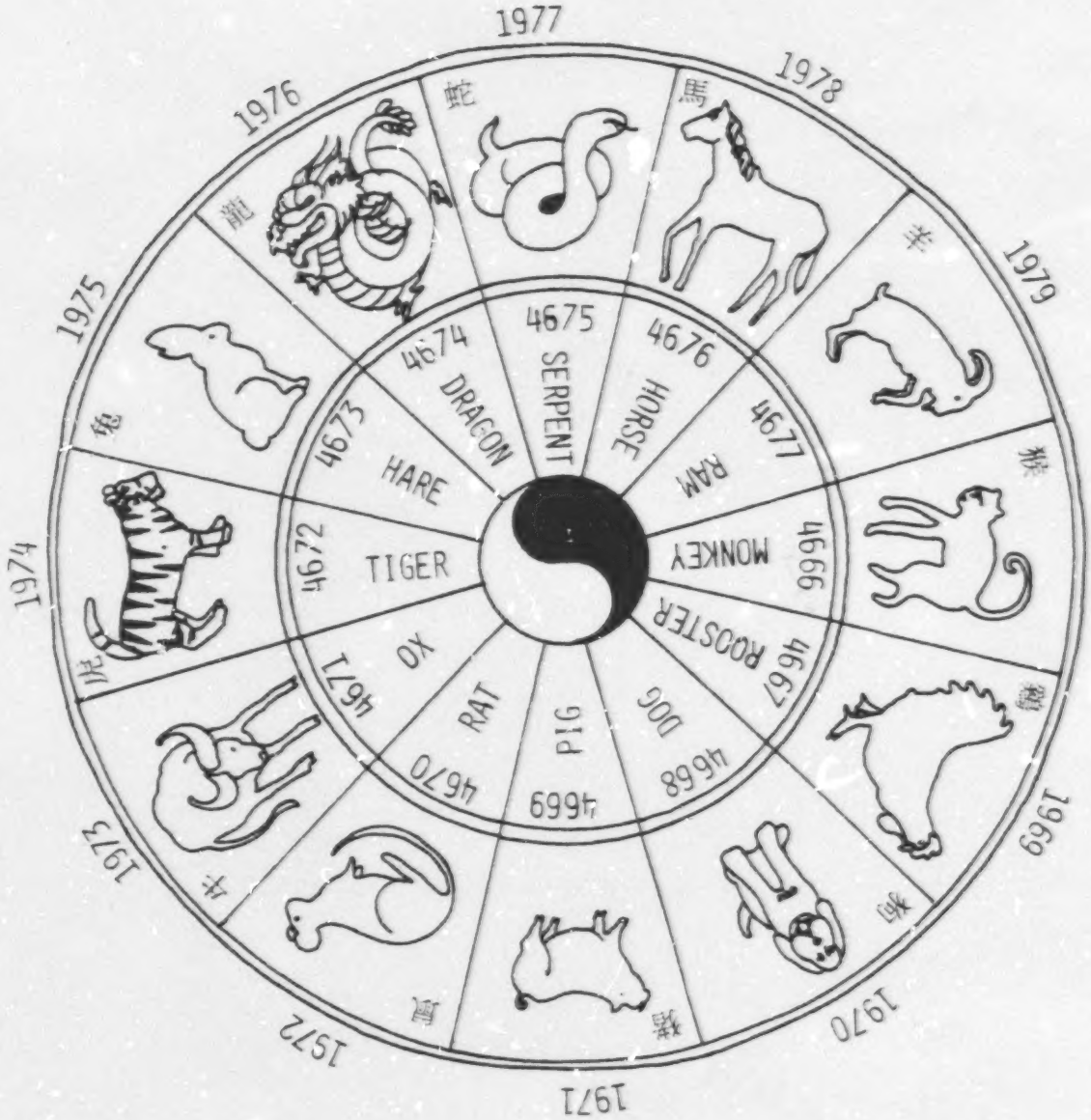
Nowadays, most of the Chinese use two kinds of calendars. One is called the Gregorian calendar which we use every day. The other is called the lunar calendar from which all the Chinese festivals are based. The Gregorian calendar, following the cycles of the sun, has 365¼ days per year. There are 30 to 31 days per month except February. Every four years there is a leap year.

The Chinese calendar follows the cycles of the moon. It has 354 to 360 days per year. Each month has 29 to 30 days. A leap year occurs every three years. There is a cycle of 12 years with an animal representing each year. The first month of the year is called the First Moon; the second month of the year is called Second Moon etc. Some moons have a nickname in relation to flowers because they play a significant part in most Chinese festivals. Flowers are also used to represent different months.

Months of the Year (First Moon: 1st month)

First Moon (1st month)	Holiday Moon	The Plum Blossom
Second Moon	Budding Moon	The Peach Blossom
Third Moon	Sleepy Moon	The Peony
Fourth Moon	Peony Moon	The Cherry Blossom
Fifth Moon	Dragon Moon	The Magnolia
Sixth Moon	Lotus Moon	The Pomegranate
Seventh Moon	The Moon of the Hungry Ghosts	The Lotus
Eighth Moon	Harvest Moon	The Pear
Ninth Moon	Chrysanthemum Moon	The Mallow
Tenth Moon	Kindly Moon	The Chrysanthemum
Eleventh Moon	White Moon	Gardenia
Twelfth Moon	Bitter Moon	Poppy

THE TWELVE ANIMALS
十二生肖



The Cycle of the Twelve Animals

Long time ago the Chinese picked twelve animals and assigned them each to a year forming a cycle of 12 years. Every twelve years marks the beginning of a new cycle. The cycle goes as follows: rat, ox, tiger, hare, dragon, serpent, horse, ram, monkey, rooster, dog and boar. The following chart shows the arrangement of the animals and years.

Rat	1948	1960	1972
Ox	1949	1961	1973
Tiger	1950	1962	1974
Hare	1951	1963	1975
Dragon	1952	1964	1976
Serpent	1953	1965	1977
Horse	1954	1966	1978
Ram	1955	1967	1979
Monkey	1956	1968	1980
Rooster	1957	1969	1981
Dog	1958	1970	1982
Boar	1959	1971	1983

Why did the Chinese pick these particular animals for the names of the year? Actually no one really knows how it came about. There are two old tales which have been told to Chinese children generation after generation about the origins of the 12 animals.

Story I

Twelve animals quarreled one day as to who was to head the cycle of years. The gods were asked to decide and they came up with an idea -- a contest: Whoever was to reach the bank of a certain river would be first and the rest of the animals would be grouped accordingly.

All assembled at the river and the ox plunged in. The rat jumped upon his broad back. Just before the ox stepped on shore, the rat jumped off his back and on the river bank. Thus the cycle starts off with the rat then follows: ox, tiger, hare, dragon, serpent, horse, ram or goat, monkey, rooster or chicken, dog, and boar or pig.

Story II

Once upon a time a king in China invited the animals in his kingdom to share in the New Year's celebration. As it turned out, only twelve of the animals came. First to arrive was the rat. Next came the ox. One by one they came. The twelfth and last to show up was the boar. Then the king named a year for each of the animals that came.

Special meanings have been given to each of the animals. Some people believe that certain animal years are better than others. These animal signs were important enough that they influenced important decisions such as marriages of people born under certain signs. People also believe that the year you are born in is supposed to affect your character in some way. It's fun to read anyway!

The Cycle of the Twelve Animals

Year of the Rat - A child born during the day is most likely to have a rich easy life. Rats are supposed to sleep by day and forage by night. If born during the night, one can expect a life of hard work.

Year of the Ox - The ox is a strong, steadfast animal. A child born this year is supposed to be a hard worker. He is strong and dependable.

Year of the Tiger - The tiger is said to be loyal and is a good provider. But the tigress tends to be shrewd.

Year of the Hare (Rabbit) - A person born this year is likely to be blessed with many children. He should have a happy and fruitful life.

Year of the Dragon - The dragon is supposed to be conservative. He is quick to anger only if he is protecting his young. The dragon is fond of the night time.

Year of the Serpent (Snake) - The serpent is said to be blessed with three virtues: agacity, tenacity and agility. Therefore, a person born during this year should be capable of making sound judgments, doing various kinds of work, and keeping on the job until the work is finished.

Year of the Horse - The horse is a strong and friendly animal. A person born during this year is supposed to be kind to strangers, but he is not good when working with relatives.

Year of the Ram - The ram is said to be proud and domineering animal. A person born this year should be strong in the instinct to help and guard his fellows. He should make a good doctor.

Year of the Monkey - This animal is quick and agile. He is always curious and highly observant. The person born this year would be a loving parent. He would be good in work that requires curiousity, but he is not likely to mind his own business.

Year of the Rooster - We know the rooster is an early riser. The person born this year would likely be very industrious. He would be proud, single-purposed and quick.

Year of the Dog - A dog can be a loyal friend. A person born this year would be loyal and persistent and quick to learn.

The Cycle of the Twelve Animals

Year of the Pig - This animal is intelligent and emotional. A person born this year is likely to be a good parent. He is prolific. He may be easy to anger, but he is intelligent. He knows when to retreat if necessary.

CHINESE NEW YEAR STORIES

1) An Animal Called Year
2) The Story of Narcissus
3) A Story of An Urn
4) The Story of a Broom
5) Monkey Lamp
6) The Kitchen God
7) The Red Scroll

An Animal Called Year

Once upon a time, there was an animal called Year. He lived along the northeastern coast of China. At midnight of each New Year's Eve, he came out of the sea and went toward the shore. Year was so big that wherever he went, there was a flood. The people living along the coast knew about Year so they moved to higher grounds before Year came out of the sea.

At noon time on one New Year's Eve, an old beggar who wanted something to eat came to the village. Nobody looked at him because everybody was busy packing to escape the flood. He went to the end of the village. There he met an old lady. She gave him a piece of cake and said, "Run fast! Year will show up very soon!"

The old beggar asked, "What's so dreadful about Year?"

The old lady said, "Year will bring flood to our land."

He said, "I'm not scared. If you let me stay at your home tonight, I can get rid of Year."

"If you aren't scared, you can stay," she said.

That night, the old beggar took two pieces of red paper from his pocket and put them on each side of the front gate. Then he put on a red cloak which he borrowed from the old lady. He sat in the front yard and waited.

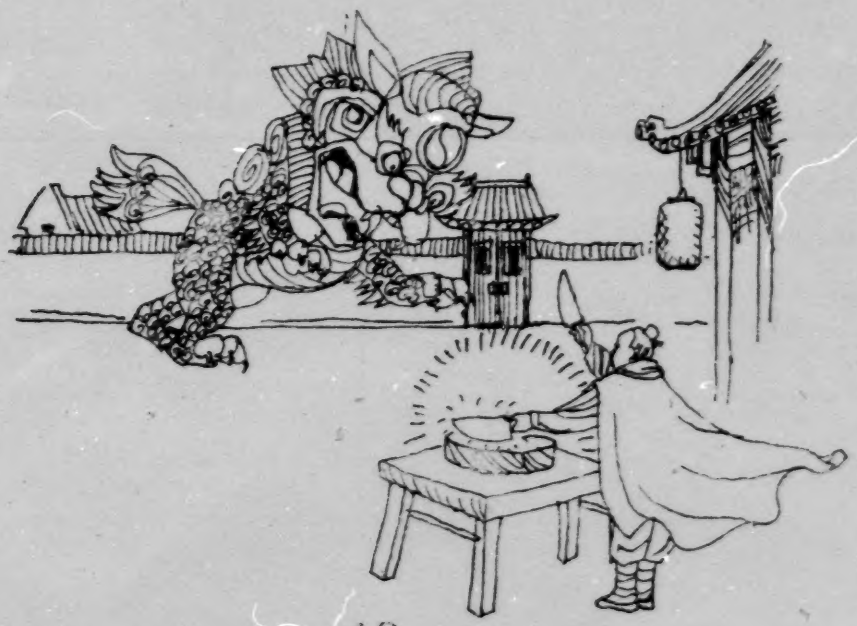
At midnight, Year came out of the sea followed by high waves. When Year came to the village, he saw a ray of red

light coming from the red cloak of the old man. Year also heard the sound of drums because the old man used two cleavers to beat on a chopping board. He made a sound louder than the sound of waves.

Year was scared by the light and the sound of drums. So he ran away and the waves receded.

On New Year's Day, the old lady came back with the villagers. Their houses were still standing but the old beggar had disappeared. They only saw two cleavers and the red cloak in the front yard.

From then on, the villagers copied the old beggar. Every New Year's Eve, they celebrate by hanging lanterns, putting a pair of red scrolls on each side of the front door and chopping meat with two cleavers to make meat dumplings.



年　　獸

從前在我國東北沿海一帶，有一隻野獸叫做年，住在海裡。每到除夕的晚上，年獸便出海上岸。牠一到岸上就發生水災。所以每到這個時候，沿海的居民便提早搬家躲避。

有一年除夕中午，村裡來了一個年老的乞丐，向村人求乞。村人爲了避難，大家都忙着收拾逃難，沒有人理他。老乞丐行到村尾，遇到一個老婆婆，她給了老乞丐一塊餅。她說：「快走吧！年就快來了。」老乞丐問：「年有什麼可怕？」老婆婆說：「年會帶來大水的。」老乞丐說：「我不怕，你如果讓我留在這裡住一晚，我可以把牠趕走！」老婆婆說：「如果你不怕，你就在這裡住吧！」

天黑了，老乞丐從身上拿出兩張紅紙，貼在正門的兩旁，又把從老婆婆借來的紅布披在身上，便坐在院中等候。

午夜到了，年獸從海裡上來，海灘一帶，波浪洶湧，當牠跑到村莊時，看見村尾一片紅光，在院子裡一個穿紅袍的老人，手拿兩把菜刀，咚咚地不停地敲，聲音比波濤還響。

年獸最怕紅的東西，又聽到咚咚的刀聲，嚇得轉身就跑，不久潮水也退了。

大年初一，老婆婆和村人回來，見沒有水災，老乞丐也不見了，只見院裡留下兩把菜刀和一塊紅布。

後來，大家都仿效老乞丐的方法。每到農曆新年，便掛燈籠，貼紅對聯，咚咚的琢肉餡做餃子以防年再來。

傳到現在，每逢新年，人們就會有掛上紅對聯及穿紅色新衣的習慣。

The Story of Narcissus

The narcissus plant can be found on sandy, rocky soil over many parts of China. During the winter it produces a beautiful, aromatic, white flower. For that reason it is often displayed in the home by the Chinese during the Chinese New Year celebration. It is not known when or how the narcissus plant was introduced into China; however it is believed that it came from the west. The following is a tale from Chinese folklore of the narcissus flower which contrasts with that from Greek mythology.

A long time ago two brothers were left some property by their deceased father. The older brother, who was selfish and lazy, took most of the inheritance for himself. The younger brother, who was diligent and kind-hearted, was left with a parcel of rocky, sandy land. The older brother who had taken most of the valuable property became not only richer and richer but also grew lazier and lazier. Meanwhile the younger brother was trying to figure out a way to earn a living from his plot of land. He tried raising vegetables but the soil being so sandy and poor, none of the vegetables would grow. Finally he became so hungry and frustrated that he sat down on the ground and started to cry. He cried so loud and so long that he disturbed the King of Heaven. The King then sent a messenger down to earth to find out what was happening. When the messenger returned and told the story to the King, the King was very sympathetic and decided to help this poor man.

The King thought for a long time. He came upon the idea of the narcissus plant. It would be perfect in the rocky, sandy soil. The King sent a messenger disguised as an old man to the poor brother. This messenger gave the poor brother bulbs of the narcissus plant and taught him how to plant and care for them. The poor brother was overjoyed.

He worked very hard for many days. Soon his land was covered with the blooming narcissus plants. Working diligently, he sold his flowers and soon became a wealthy man.

Meanwhile his lazy, older brother wasted away his inheritance. Although the younger brother tried to help him, his laziness soon made him a beggar.

水仙花的故事

水仙花是一種清香而潔白的花，一般中國人在新年時多喜歡在廳內擺設一兩盆水仙花來點綴。

水仙花來自甚麼地方，倒沒有人眞正知道，傳說由來甚多，以下其中一個傳說則和希臘神話的傳說有所不同。

從前有兩兄弟，大哥很自私和自利，弟弟則和善忠肯，哥哥把父親遺下的金錢和田產佔爲己有，弟弟則只得一塊石地，所以哥哥則十分富有，而弟弟則窮到連飯都吃不飽。弟弟試在石地種些蔬菜來過活，但因石地上沒有好的泥土，所以種不出蔬菜來。

一天，弟弟在又餓又傷心之餘，坐在石頭上哭起來，他越哭越大聲，竟驚動了天上的玉皇大帝，於是大帝派人到地面上去探查究竟。

玉皇大帝知道了這可憐的弟弟的事，十分同情他，大帝想幫助他，但想來想去都想不出石地可以種些什麼來賺錢，忽然大帝想起水仙花是生長在砂地上的，於是大帝派人扮成一個老人去安慰弟弟不要哭，並帶了些水仙頭教他怎樣種植那些水仙頭。

由於弟弟是一個勤力的人，他天天小心地去種植那些水仙花。過了不久，水仙頭發芽長大，整個砂地長滿了華麗的水仙花，又香又美麗，勤力的弟弟把花賣了，賺了很多錢，從此靠種水仙花過活，生活亦十分舒適。

懶惰的哥哥則由於花費了他父親遺下的金錢，又不肯做工，所以後來做了乞丐呢！

A Story of An Urn

"Happy New Year" and "Wishing You a Prosperous Year" are familiar greetings during Chinese New Year. Here is a traditional folk tale from Hunan Province 湖南省 about prosperity.

Long ago there was a poor old fisherman named Sim Man Sam 沈萬三. One day he went fishing. Though he tried all day, he couldn't catch any fish until finally he caught a dirty and ugly colored urn. He thought, "My goodness, I've been here for such a long time and still haven't caught any fish. All I have is this dirty urn. It's a shame to throw it away. Maybe if I bring it home to my wife she can use it to feed the ducks."

When he returned home he gave the dirty urn to his wife. That night she put a small amount of unhusked rice in the urn and placed it in the duck pen for the ducks' meal the next day. The next morning when she went out to the duck pen, she was surprised to see that the urn was full of unhusked rice and yet all the ducks appeared to be well fed. She emptied the urn and that night again put a small amount of rice into it and placed it in the duck pen. The following morning the urn was again full of rice. This happened several times. Finally, she told the whole story to her husband. Sim Man Sam decided to put some coins in the urn. Lo and behold, the next morning the urn was full of coins! They then realized that this was a magic urn. So whenever he needed anything, he would place a small amount of it in the urn and the next morning the urn would be full. From that time on, Sim Man Sam prospered and became a wealthy man in his village.

With time, this story spread across China to become one of the traditional rituals of the new year. Every Chinese New Year, many Chinese families put urns in front of pictures of Buddha or pictures of their ancestors. They then burn paper. The paper represents gold or silver money and they allow the ashes from the paper to fall into the urns. They hope that their urns will be like Sim Man Sam's and that the ashes will bring prosperity and good fortune throughout the new year.

聚寶盆

新年時，人人見面皆說聲恭喜發財，提起發財，有誰不歡喜呢！以下是中國湖南省的一個民間傳說有關發財的故事：

從前有一個漁人名叫沈萬三，一天，他出外釣魚，釣了半天，也見不到魚的縱跡。突然他釣了一個又黑又髒的小烏盆。他想：「釣了這麼久才得到這個盆，倒沒多大用，但棄之又可惜，倒不如帶回家給太太做餵鴨盆吧！」於是，他回家後，便把那小烏盆給了他的妻子。

當晚，他妻子等到鴨睡了後，便放了一小撮穀在那小烏盆內，預備做鴨子們的第二天食糧，怎料第二天早上，當她去鴨房餵鴨時，發覺小烏盆的穀滿滿的，那些鴨子們也吃得飽飽的，所以她十分驚奇。她爲了要知道這究竟是什麼一回事？所以當晚她把小烏盆內的穀倒了，然後再放一小撮穀粒在小烏盆內，第二天，同一奇事再度出現，烏盆內的穀粒滿滿的，她一連試了幾次，同樣的怪事發生，結果她把經過情形告訴她丈夫，沈萬三知道後，便試放了些銅錢在烏盆內，第二天，烏盆竟載滿了銅錢。那時，他們才知道這是一個不尋常的烏盆。從此以後，沈萬三夫婦藉烏盆的幫助，成爲村中最有錢的人。

沈萬三夫婦的小烏盆故事傳遍了中國，家家戶戶爲了能像沈萬三那麼幸運，便在新年前買一個瓦盆，名爲

聚寶盆，放在神像前，用來裝載燒紙金銀的灰燼之用。意思是不讓那些寶物（灰燼）流了去的意思，並希望新的一年像沈萬三那樣幸運。

The Story of a Broom

The Chinese observe many traditional customs during Chinese New Year. No knives, cleavers or other sharp instruments are to be used on New Year's Day because of the fear of bringing on bad luck. Each family has to hide these sharp instruments for at least 24 hours in case someone might forget and use them. The broom also has to be hidden because of another New Year's Day tradition. People are not allowed to sweep the floor for fear of sweeping their luck out the door. There is an interesting story about a broom which relates to this custom.

Long ago there was a merchant named Au Ming 歐明 . One day he made a business trip by boat and took with him three pieces of valuable jewelry. There was a big storm just as the boat was crossing Pang Chick Lake 彭澤湖 . Au Ming heard a voice in the lake talking about his jewelry. The other people on the ship became frightened and asked him to throw his jewels into the lake to appease the god of the lake. Though Au Ming didn't want to throw away his jewels, he was too frightened and did as the other passengers asked. The storm stopped and they were able to reach the other shore safely.

When Au Ming reached the shore, he was met by a group of soldiers who invited him for refreshments. Au Ming was confused and didn't want to go with them until they explained that he was being invited to the home of the god of the lake, who wanted to thank him for his gift of jewelry. They also told him that the

god might wish to give him a gift and would ask him what he desired. The soldiers gave him the following advice: Ask for You Yuen 如願 .

Sure enough, when Au Ming arrived at the house the god of the lake asked him what he wanted. He replied, "You Yuen" and was surprised that You Yuen was a maid servant to the god of the lake.

Au Ming took You Yuen to his home and they were married. She possessed such magical powers that whatever Au Ming wished, You Yuen would obtain for him and over the years he became very wealthy. As Au Ming became prosperous, he became important as well. He felt he didn't need You Yuen any more and began to treat her badly.

On New Year's Day, You Yuen decided to sleep late. Au Ming became very angry and beat her. You Yuen was frightened and hid herself inside a broom. Au Ming was never able to find her again and from that time on his wealth dwindled until finally he was a poor man.

As the story spread, the people believed that You Yuen was still inside the broom. Therefore, these people would hide their brooms so that You Yuen and prosperity could not leave their homes. It is also appropriate that in Chinese You Yuen means "whatever you wish".

掃帚的故事

農曆新年的習俗十分多，其中一種習俗就是在除夕那晚將家裡的刀、剪、利器及掃帚等一概收藏，到年初二才拿出來用，因爲一般人認爲在新年第一天用刀剪利器會割去人的幸運，掃帚會掃去家內的財神。以下的故事是有關新年收藏掃帚習俗的傳說。

古時有一商人名歐明，一天他帶了三件寶物乘船去做生意。當他乘坐的船途經澎澤湖時，忽然大風大浪，還聽到一些神奇的聲音從湖底傳來，原來是水中的神做怪，要他將他的寶物投下湖中，初時他當然不大願意，但爲了拯救全船人的性命，只有忍痛將他的寶物全部拋到湖裡，說時奇怪，風浪竟在那時頓告平息。

當歐明抵岸後，有幾位穿黑衣的兵士前來對他說：『掌管澎澤湖的青洪神爲了感謝他的禮物，所以特邀他到他府上飲酒，並說如青洪神要送一樣禮物給他的話，最好揀選如願。』

歐明到達青洪府後，果然青洪神說要送一樣禮物給他，並問他喜歡什麼？歐明答說如願，青洪神只有將如願給了他，那時他才知道原來如願就是青洪神的一個婢女。

歐明得到如願後，帶了她回家並娶了她爲妻。由於如願能施用法術，所以每當歐明要什麼，如願就會弄到給他。從此歐明藉著如願的神力，竟成了一個大富翁。漸漸，他變得十分驕傲，不但忘了如願給他的幫助，而且還時常虐待她。

有一年的元旦，由於如願晏起，歐明竟借故打她，如願在一怒之下竟躲在掃帚內，以致歐明無法找到她。從那時開始，由於歐明失去如願的神力幫助，便漸漸窮了起來。

歐明和如願的故事傳遍中國，一般人仍相信如願躲在掃帚裡，爲了希望能像如願幫助歐明似的得到財富，所以每當除夕，人們便將家內的掃帚藏起來，以免如願走了去而失了發財的機會，並希望新的一年能從心所欲有豐饒的一年。

Monkey Lamp

Long ago, the people of China used oil lamps for light. They put vegetable oil in a shallow dish with a piece of rush for a wick. The dish was placed on a bamboo stand. Because the bamboo stand resembled the shape of a monkey, it was called a monkey lamp

On New Year's Eve, people prepared many kinds of delicious food which they placed before statues and pictures of the gods and goddesses they worshipped. In this way the people expressed their appreciation for the blessings they had received during the year. However, they did not honor the monkey lamp for the light it had provided during the year.

One New Year's Eve, a monkey lamp, jealous of his master's worship of all the gods and goddesses, said, "Since man does not appreciate me, it is useless for me to work hard for him. I want to destroy all the men in this world while the gods and goddesses are having their meeting in heaven!"

Fortunately, one of the goddesses, Kwan Yin 觀音 , heard of his plan and reported it to the highest of the gods in heaven. This god sent the heavenly soldiers to destroy the jealous monkey lamp, thus saving mankind.

Since that time, the Chinese people destroy all of their monkey lamps before the New Year comes and purchase new monkey lamps for the coming year. In this way, they prevent the monkey lamps from destroying them. It also symbolizes the passing of the old year and the welcoming of the new.

燈猴的故事

很久以前，在沒有電燈的時候，中國人使用油燈以取光，當時的人用竹來做成燈架子，在架子上放了一隻盛滿油和一些燈芯的小碟子，這種燈看起來像一隻坐著的猴子，所以人們稱他做燈猴。

每年的除夕，大多數人都預備了豐富的菜餚來祭神，以感謝神一年到晚庇蔭他們，但却忘記了感謝那一年到晚給他們光的燈猴。

有一年大除夕，一隻燈猴嫉妒宅的主人祭神而忘記了宅，宅自言自語地說：『人類不感激我的大功勞！就算動力爲他們工作也是白廢心機，好，等所有的天神去了天國開會的時候，我要將他們——人類毀滅，且看我的本領吧！』幸好宅的話被觀音大士聽到了，她立即報告天帝，天帝派遣了天將天兵從天上下來，將成了妖精的燈猴毀滅。這樣，人們才逃過大難繼續生存在這世上。

從那時起，人們定必在除夕時候將舊的燈猴消滅，不敢留著過年，以防嫉妒的燈猴又再出來作怪，這種習俗還表示送舊迎新的意思呢！

The Kitchen God

Who is the Kitchen God?

According to Chinese custom, the Kitchen God has jurisdiction in the kitchens of every Chinese household. He is sent as an envoy from heaven to watch for good and bad things which happen in the household during the year. At the end of the year, he returns to heaven to give his report. In order to have a good report, people must do at least two things: clean the kitchen and prepare a big dinner for the Kitchen God.

The Kitchen God is worshipped on two different days. In ancient China the king and his officers worshipped the Kitchen God a day earlier than the common people. That is, the king and his officers would celebrate the event on the 23rd day of the twelfth month of the lunar calendar and the common people would celebrate it a day later.

The food offerings to the Kitchen God include chicken, roast duck, fried fish, vegetables, rice, wine, tea, and candy. The candy is made from barley and sugar so that it is very sticky. It is believed that the sticky candy prevents the Kitchen God from talking too much when he makes his report in heaven. The custom of the Kitchen God is still observed by many people today.

灶福壯君

The Kitchen God

36

灶　　君

灶君是中國的灶神，傳說祂是由天上的玉皇大帝派到人間看管及記錄每家人在一年中所行的善事及惡事，每到年尾便會上天庭向玉皇大帝作詳細報告，以定賞罰。

人們爲了希望灶君能給他們作一個完美的報告，以便來年有一個幸運年，同時更感謝祂一年的辛勤工作及照料，所以每到農曆新年前幾天，就會有舉行謝灶的習俗。並預備了許多豐富的食物來拜祭灶君，食物中除了有鷄、鴨、魚、菜、酒等，還有一種最特別的東西，就是麥芽糖，傳說麥芽糖可粘住灶君的嘴，使祂報告時不會太詳盡。

以前，謝灶的日期是有所規定的，所謂「官三民四」，即官家是在農曆十二月廿三日謝灶，民間則在十二月廿四日，不過，現在大多數人都是在農曆廿三日舉行。

The Red Scroll

Do you know what a red scroll is? It's a long piece of red paper which the Chinese use to write meaningful lucky phrases with a large brush and black ink. These red scrolls are hung either inside or outside of the house just before Chinese New Year. Many Chinese believe that by doing this, it will ensure continued happiness and prosperity for the household.

The custom of the red scrolls has been around for a long time. During Chinese New Year celebration, many restaurants display them in front of their buildings.

According to tradition, the Chinese first carved lucky characters on peach wood for Chinese New Year in 907 A.D. They believed that the plaques would bring good luck and drive away evil spirits. As time passed, the people thought that the peach wood was too heavy and inconvenient to use; so, they started to use red paper instead.

The custom of the red scroll originated with a Ming Dynasty emperor who liked them very much. Once, just before Chinese New Year, the emperor was in the capital city and saw some beautiful red scrolls. He decided that all of his subjects should put them on their doors. He thought that the scrolls would make everyone happy and that peace would continue in his kingdom.

When the people heard the emperor's order, they immediately put red scrolls outside their doors. The only people who didn't obey the order were those who didn't know how to read or write.

They met to discuss their problem because they didn't want to offend the emperor. Finally, they decided to put plain red paper, brushes, and paper near their front doors. Then they would ask for help from people who did know how to read and write. Since then the hanging of red scrolls for Chinese New Year has been a custom in many homes.

談 春 聯

在新年期間，大多數的中國人喜歡貼上春聯在他們的門前，客廳或睡房內，你們知道是什麼原因嗎？

原來春聯在五代時已開始盛行，那時的人喜歡雕上吉利的句子在桃木上，然後掛在門前或屋內，因他們相信這會給他們帶來幸運及驅除惡魔。後來，人們認爲用桃木太不方便及太重了，便用紅紙來代替桃木，並將吉利的句子寫在紅紙上。

到了明朝太祖朱元璋建都金陵時，由於他很喜歡春聯，所以下令各大臣及老百姓在除夕時每家門前必要貼上一副春聯，據說當時的老百姓有些不識字的，而又找不到有識之士代勞，但又不敢違抗王命，所以只有在門前貼上一對紅紙，預備了筆墨，待過路的有識之士們代他們寫上吉利的字句在紅紙上。由那時開始，春聯漸爲盛行。傳到如今，每到新年，人們喜貼上紅色的春聯在門外及屋內，表示吉祥，辟邪及迎接新年到來的意思。

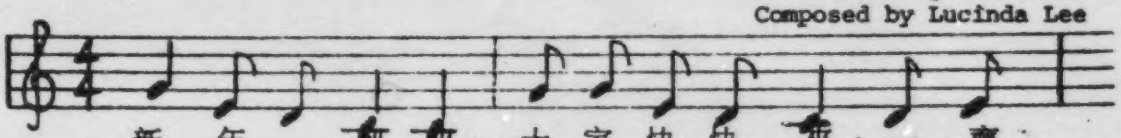
CHINESE NEW YEAR SONGS

1) A Chinese New Year Song
2) Happiness to All
3) Joyful New Year
4) Gung Hay, Gung Hay
5) Happy New Year

新　年　歌

"A Chinese New Year Song"

Translated by Irene Kwok
Composed by Lucinda Lee

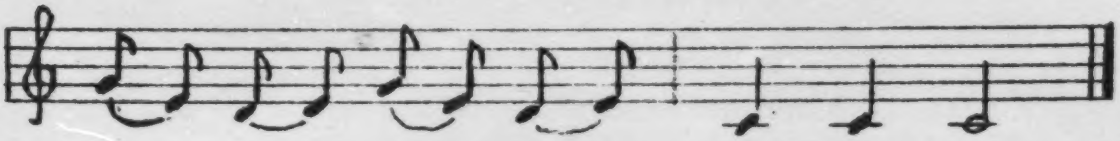


新　年　到　來，大　家　快　快　來，一　齊
快　來　看　舞　龍，
小　朋　友　們，

(1) Come lit- tle chil-dren ga - ther a - round. Let us

(2) See the li - on dan - cers swi - ft as the wind as they

(3) Look lit- tle chil-dren Eve-ry-one pre- pares; hear the



唱　歌　跳　舞，　笑　哈　哈

sing the ma - ny sto-ries of this New Year's Day.

proud-ly do their an-cient dan - ces grace - ful - ly.

noi-sy fi - re crac-kers; see the big pa - rade.

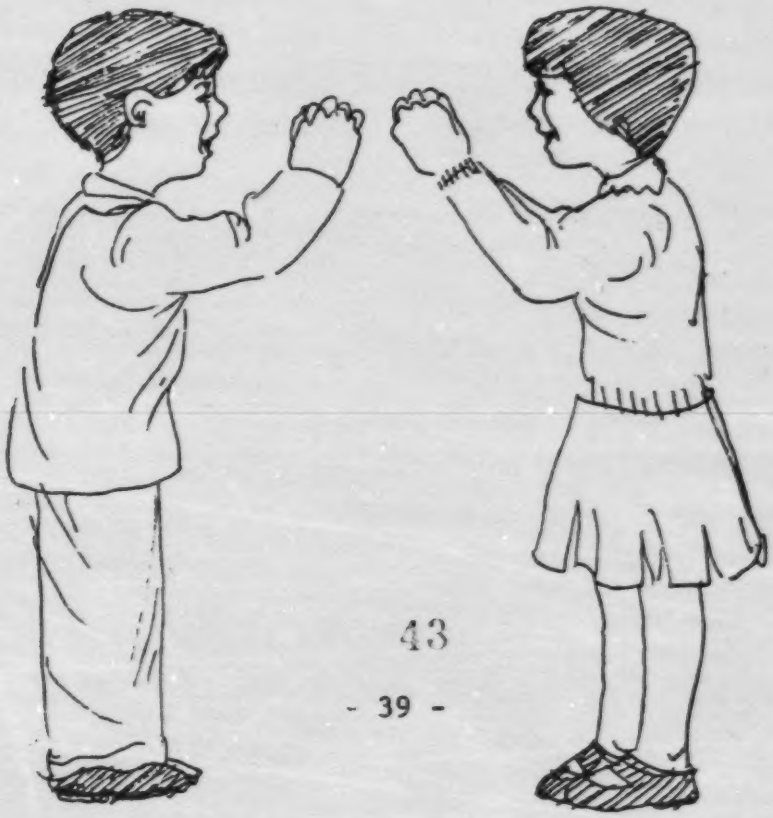
新　年　好

"Happiness to All"

Composed by Harriet Lem

(Round)

(一) 新 年 到 新 年 到
(口) 新 年 到 新 年 到
Hap-pi ness to all. Hap - pi ness to all.
(一) 穿 新 衣 戴 新 帽
(口) 恭 喜 發 財 利 是 拖 來
Gu - ng Hay Fat Choy, Gu - ng Hay Fat Choy.
(一) 恭 祝 大 家 好 恭 祝 大 家 好
(口) 新 年 好 新 年 大 家 好
Hap - pi ness to all, Hap-pi ness to all.



新　年　到

"Joyful New Year"

Composed by Ng Kar Cheung

新 年 到 新 年 到
New year is com - ing . New year is com - ing .
家 家 户 户 喜 洋 洋
E -very fami-ly wel - come Joy - ful ne - w year
穿 著 新 衣 戴 著 新 帽 大
Put on new clothes and wear a new hat . Gu - ng
家 真 高 興 人 人 都 快 樂
Hay Fat Choy , Hap - py New Ye - ar.

恭 喜 恭 喜

"Gung Hay, Gung Hay"

Composed by Lee Mei Tak

恭 喜 恭 喜 新 年 到 來 大 家 一 齊 去 看
Gung Hay Gung Hay Hap-py N-ew Year Let's see the li-on
舞 獅 和 舞 龍 爆 竹 聲 響 鑼 鼓 喧 天
and the dra-gon dance. Fi-re crac-kers Drums,gongs fill the air.
祝 大 家 發 財 康 健 和 快 樂
Wish- ing all good luck Hap - pi - ness and health.

快 樂 新 年

"Happy New Year"

Composed by Wilma Pang
正 月 初 一 是 新 年
Jan - u - a -ry first is n - ew year
大 家 快 來 賀 新 年
C o m e l e t u s ce - le - brate
來 跳 舞 來 唱 歌 大 家 笑 哈 哈
C o m e dance c o m e sing ev - ery bo - dy smiles
你 跳 舞 我 唱 歌 大 家 笑 哈 哈
You'll dance I - ll sing ev-ery bo - dy's joy - ous.

RECIPES FOR CHINESE NEW YEAR

1) Chinese Vegetarian Dish
2) Sesame Eggs
3) Jien Duey
4) Haahm Seui Gok
5) Fried Gok Jai

Chinese Vegetarian Dish

(Serves Six People)

Ingredients:

1 lb. Chinese cabbage
2 oz. bean thread
2 oz. cloud's ears
2 oz. dried bean curd (round type)
4 oz. dried mushrooms
1 can mushrooms
1 can water chestnuts
½ lb. dried oysters
½ oz. fat choy
1 tbsp. soy sauce
4 tbsp. oyster sauce
2 or 3 slices ginger
few drops cooking wine
few drops sesame oil
1 tbsp. salt
1 tbsp. cornstarch
1 can chicken broth

Procedure:

1) Soak fat choy, bean thread, dried mushrooms, dried oysters, and cloud's ears in cold water until they are softened.

2) Put one tablespoon of oil in pan and put in the Chinese cabbage. Add ½ can chicken broth, then cook for 10 minutes. Remove from pan; put in a bowl.

3) Put two tablespoons of oil in pan. Add the dried oysters, fat choy, bean thread, dried mushrooms, cloud's ears and stir-fry for 5 minutes. Then put in the Chinese cabbage, canned mushrooms, water chestnuts, dried bean curd, ½ can of chicken broth and simmer for 15 minutes.

4) Mix one tablespoon of cornstarch with ½ can of chicken broth, soy sauce, ginger, cooking wine, sesame oil, salt, oyster sauce and add to the vegetables. Simmer for 5 minutes.

Sesame Eggs

(Makes about 2 dozen)

Ingredients:

2 cups flour
½ cup sugar
1½ tsps. baking powder
¼ tsp. salt
⅓ cup lard
¼ cup cold water
2 egg whites
sesame seeds

Procedure:

1) Sift the flour, baking powder, sugar and salt together. Blend in the lard. Add the water to make a soft dough.

2) Shape the dough on a floured board into a roll about 1½ inches in diameter. Roll it on a wax paper and chill it for 2 hours or more.

3) Cut the dough into ¼ inch rounds. Coat them lightly with egg white and press the coated side into a mound of sesame seeds.

4) Place the cakes on an ungreased baking sheet in a 350 degree oven for 20 minutes or until brown.

Jien Duey

(Makes about 10)

Ingredients:

½ lb. glutinous rice flour
½ cup brown sugar
2/3 cup boiling water
½ cup snow white sesame seeds
*½ lb. dow saah (black bean filling)

Procedure:

1) Dissolve brown sugar in 2/3 cup boiling water and bring to swift boil. Remove from heat.

2) Carefully stir syrup into glutinous rice flour until well blended in flour.

3) Roll dough into sausage form about 1 inch in diameter, then cut off 1 inch sections (makes about 10).

4) Roll each section into balls with palms of hands.

5) Roll the dow saah filling into sausage form about ½ inch in diameter. Cut off sections ½ inch wide. Roll each piece into ball.

6) Take a ball of dough and flatten with hand. Place ball of filling upon it and envelop filling with dough completely. Roll ball of filled dough until entire surface is covered.

7) Gently press seeds into surface.

8) Deep fry balls in oil for a few minutes until they become light brown.

* There are several ways to make jien duey and you can substitute cocoanut, peanuts, etc. for the dow saah filling. (The dow saah can be brought in any Chinese dry goods store in Chinatown.)

Haahm Seui Gok

(Makes about 3½ dozen)

Ingredients:

Dough	3	cups glutinous (sweet) rice flour
	3	cups medium size potatoes
Filling	½	cup chopped pork
	½	cup " bamboo shoots
	½	cup " B.B.Q. pork
	¼	cup " Chinese mushrooms (pre-soaked)
	¼	cup " dried turnips
	¼	cup " mixture of green onions and Chinese parsley
	¼	cup " dried shrimps (pre-soaked)

Procedure:

1) Place 1 tbsp. of oil in a pan. Pour all filling ingredients into the pan and stir-fry quickly for 5 minutes. Pour filling into a bowl and set aside.

2) Boil potatoes and mash. Mix the potatoes with the rice flour if the consistency seems dry, add 2 to 3 tbsp. warm water. Knead mixture for about 5 minutes. Shape the dough into a roll on a floured board. The roll should be about 1½" in diameter. Slice the roll ½" thick and roll into a ball. Shape the ball like a small cup. Place 1 tbsp. of the filling in the middle of the cup. Close the cup by pinching the edges together into a half moon shape.

3) Pour oil into a deep skillet and heat until it is 350° Place some haahm seui gok into the skillet. When the haahm seui gok turns brown, it is done.

Fried Gok Jai

(Makes about 50)

Ingredients

1 pkg. round shape won ton skins (50 pieces)
2 egg whites
½ cup sugar
½ cup ground roasted peanuts)
½ cup white sesame seeds)--- filling
½ cup shredded coconut)

Procedure

1) Combine filling ingredients in a large bowl.

2) Place 1 teaspoon of the filling mixture in the center of the won ton skin.

3) Dampen the edges of the won ton skin with some egg white and fold the skin into the shape of a half moon.

4) Deep fry for a few minutes or until golden.

* 1 can (1 lb.) dow saah (red bean filling) may be substituted as another type of filling.

ART PROJECTS

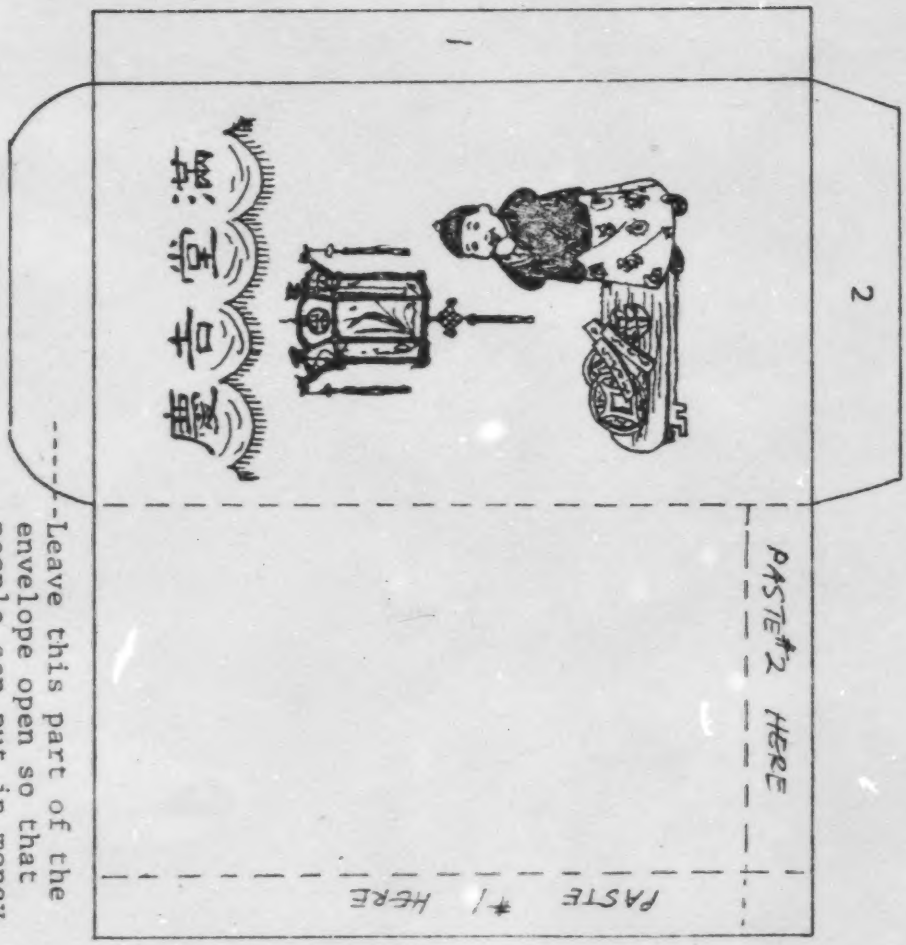
1) Chinese Animal Sign Dodecahedron
2) The Red Envelope
3) The Piggy Bank
4) Red Scrolls I and II
5) The Dragon -- Paper Cutting
6) The Dragon -- Egg Carton
7) The Twelve Animals

Chinese Animal Sign Dodecahedron

十二生肖球

Directions:
1) Cut along the solid lines.
2) Fold inward along the dotted lines.
3) Glue each to the back of the picture with the same number. (Example: Glue Tab #1 under Picture #1, rooster.)

紅封包(利是)
The Red Envelope



* Chinese married couples put money in this particular envelope to give to children during Chinese New Year. It symbolizes good fortune and prosperity. Usually people will put in twenty-five cents to one dollar.

小明把便接到的"利是"放在一起，你知道他放在那裡？請你依次序用線連起數目字便知道。

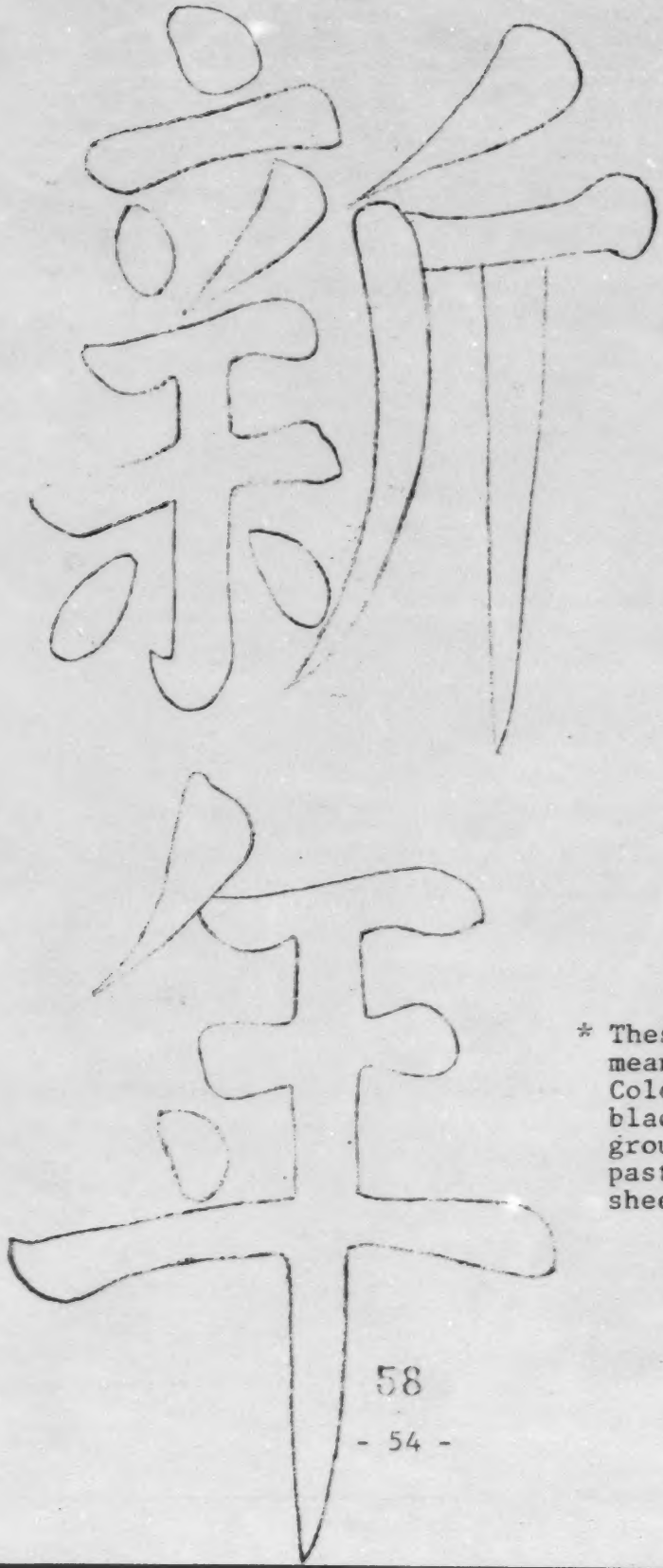
Red Scrolls I & II

I.

II.

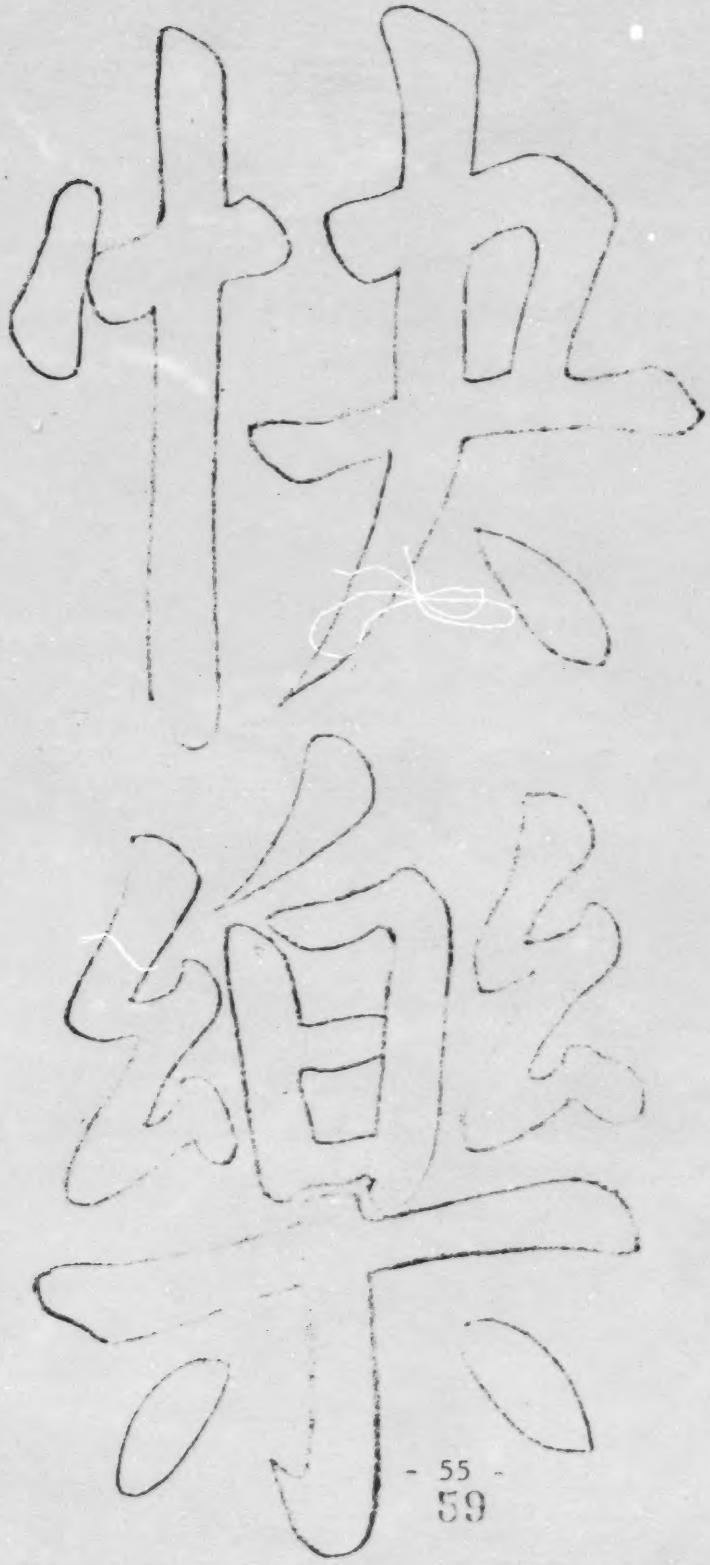
* Every red scroll consists of two pages (four Chinese characters). When you put the two pages together be sure they are in the proper order.

Red Scroll I - Part A



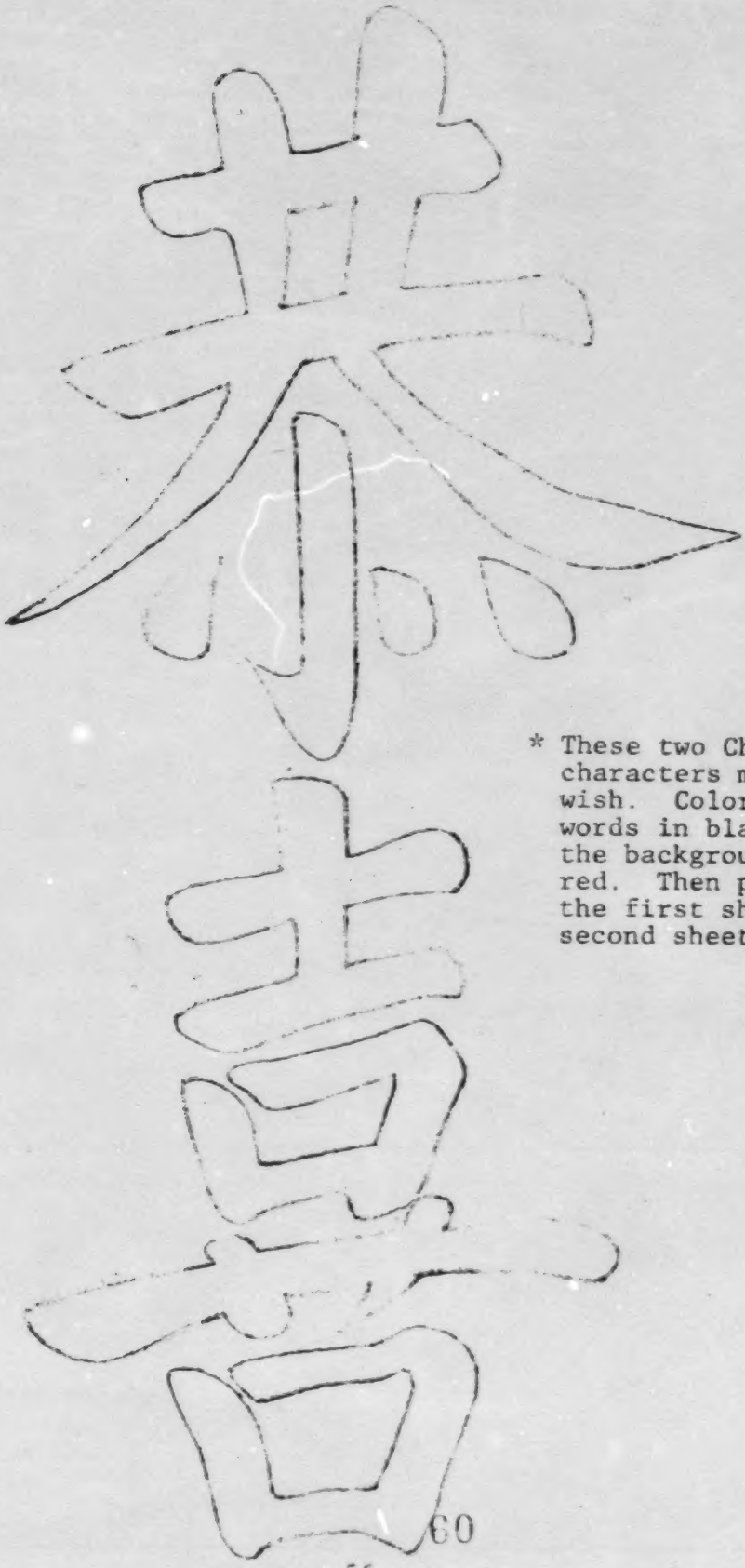
* These two words mean New Year. Color the words in black and the background in red, then paste the first sheet together.

Red Scroll I - Part B



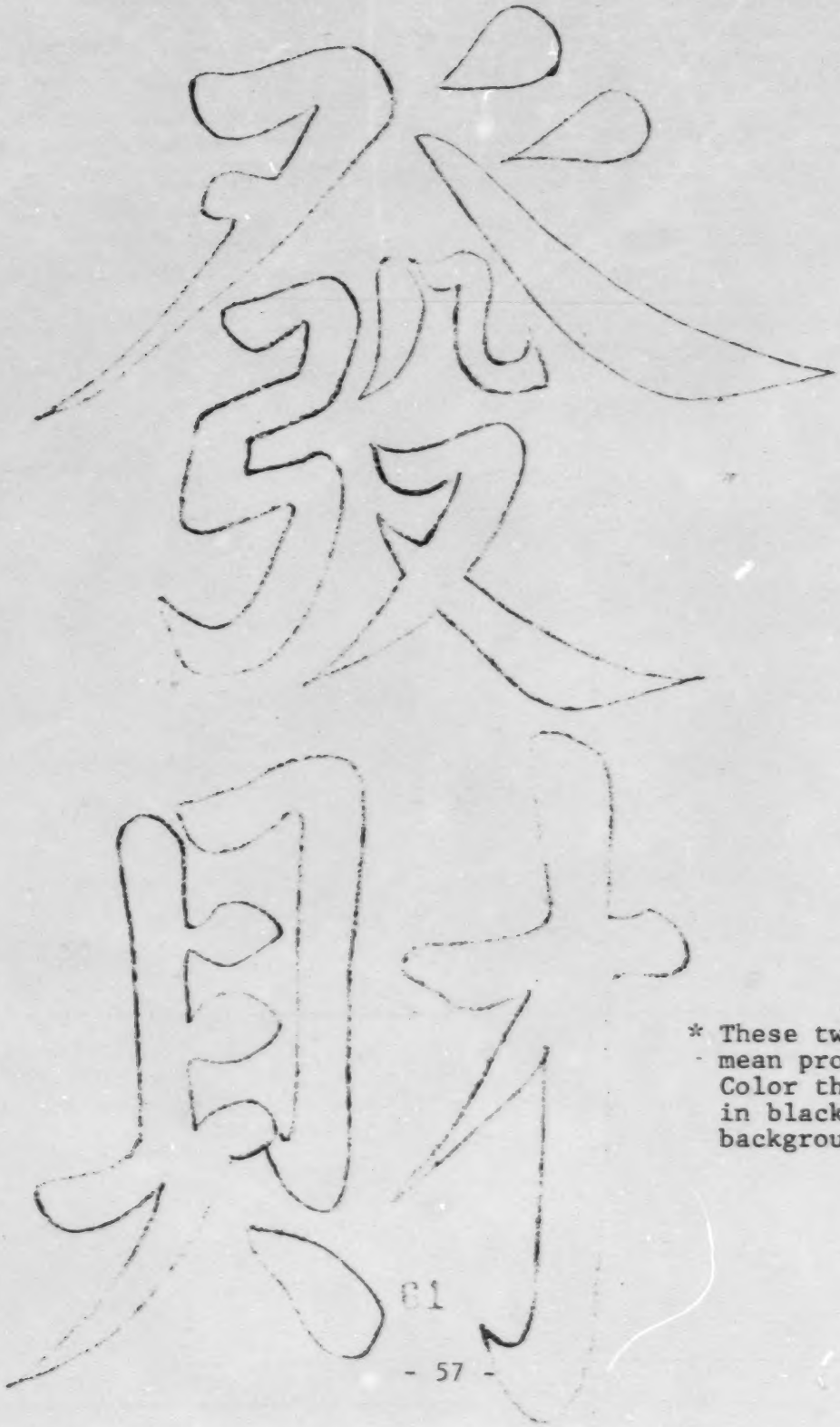
* These two words mean happiness

Red Scroll II - Part A

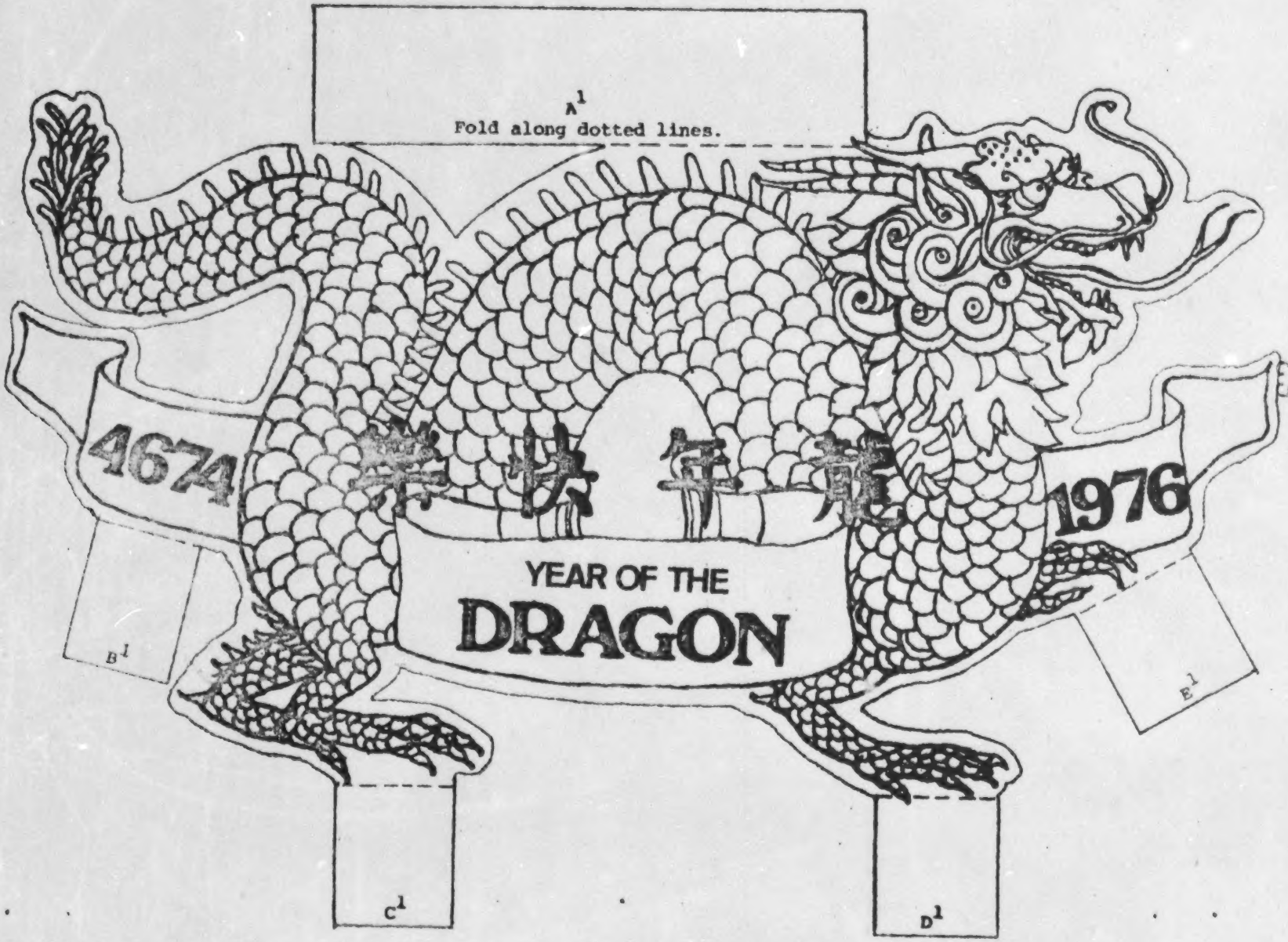


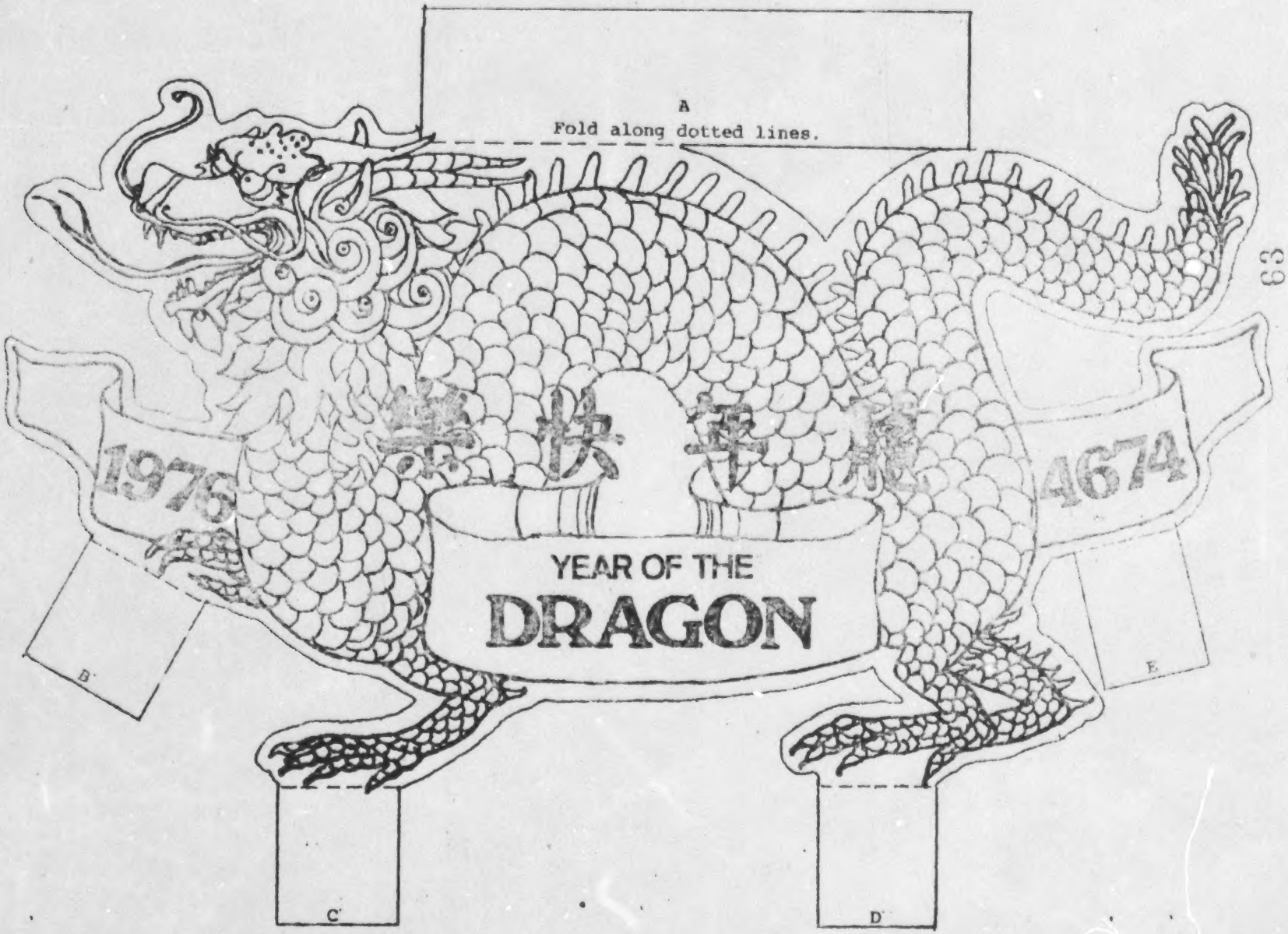
* These two Chinese characters mean to wish. Color the words in black and the background in red. Then paste the first sheet and second sheet together.

Red Scroll II - Part B



* These two words mean prosperity. Color the words in black and the background in red.


A1
Fold along dotted lines.
4674
1976
YEAR OF THE
DRAGON
B1
C1
D1
E1


A
Fold along dotted lines.
1976
4674
YEAR OF THE
DRAGON
B
C
D
E

Dragon - Egg Carton

Materials:

Egg carton, construction paper, pipe cleaner, colored popcorn, flat stirrer sticks, white glue, scissors, nickel, felt pens.

Method:

1) Cut the egg carton in half longitudinally.

2) Cut pipe cleaners into twelve 1½" length pieces. These will be the legs.

3) Take a nickel and draw about 30 circles on a piece of construction paper, then cut out the circles.

4) Take the egg carton and draw designs on it with felt pens using different colors.

5) Insert the 1½" pipe cleaners betweenthe egg carton sections on both sides.

6) Cut one section of another egg carton for the dragon's head, and attach it to the body with a pipe cleaner. Including the head there will be seven sections in the whole dragon.

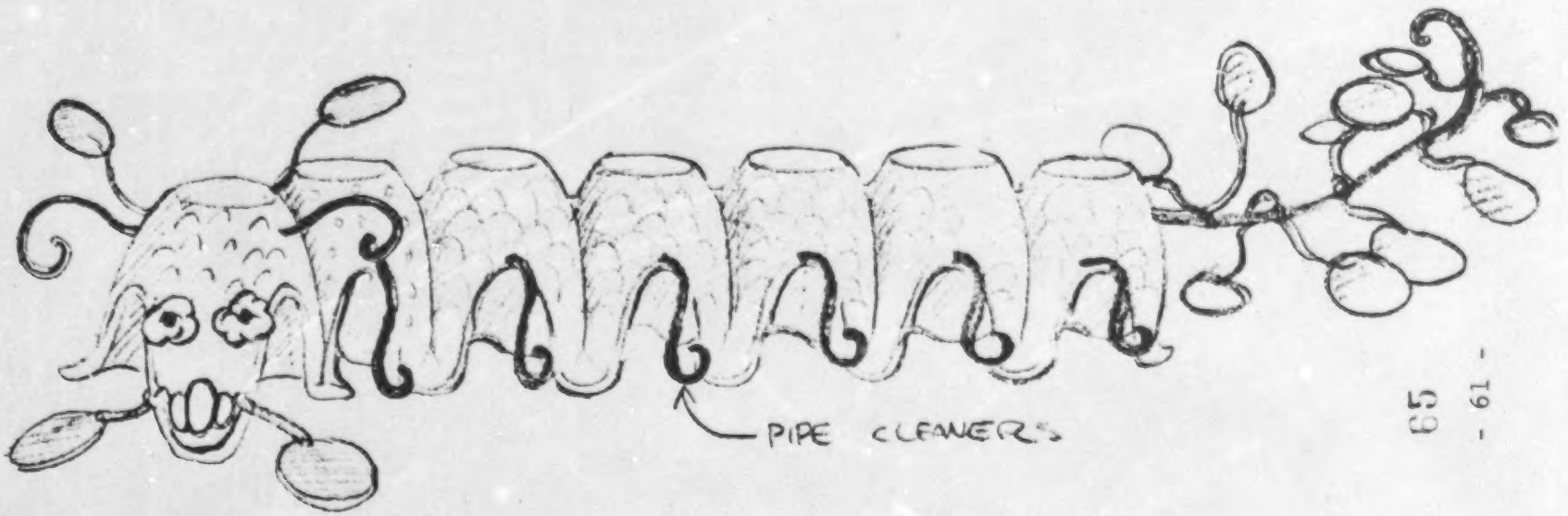
7) Take two pieces of popcorn and glue them on the head as eyes.

8) Cut 4 pieces of 3" pipe cleaner. Take two circles and glue them together on both sides of the 3" pipe cleaner. Repeat three more times. Put these on the head.

9) For the tail - take five 3" pipe cleaners and attach them to a full length pipe cleaner by twisting them around it (see diagram).

10) Glue circles on the ends of the pipe cleaners (10 ends in all). Same glue process as in step #8.

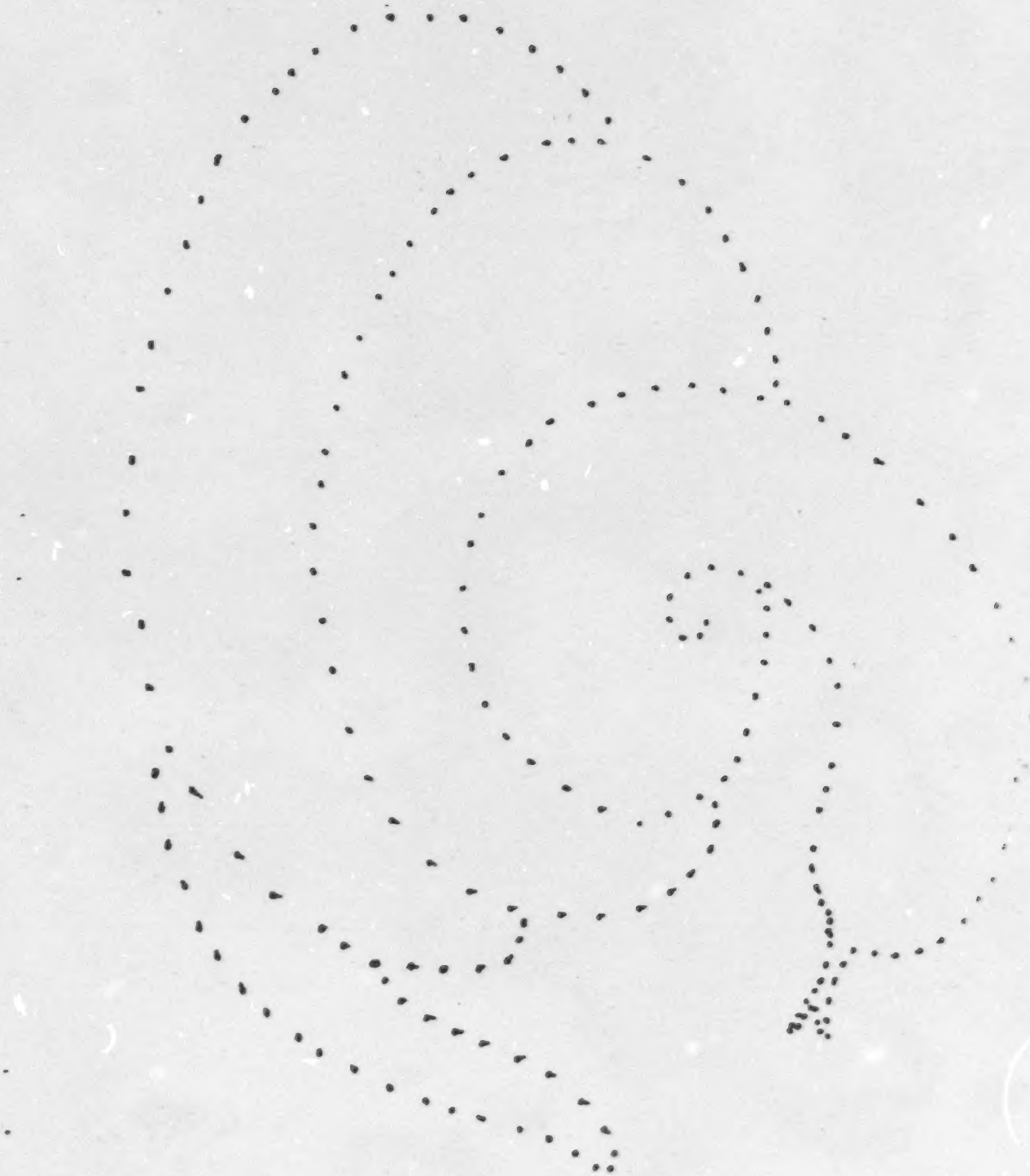
11) Shape the long pipe cleaner into a small circle at the very end. Refer to diagram.



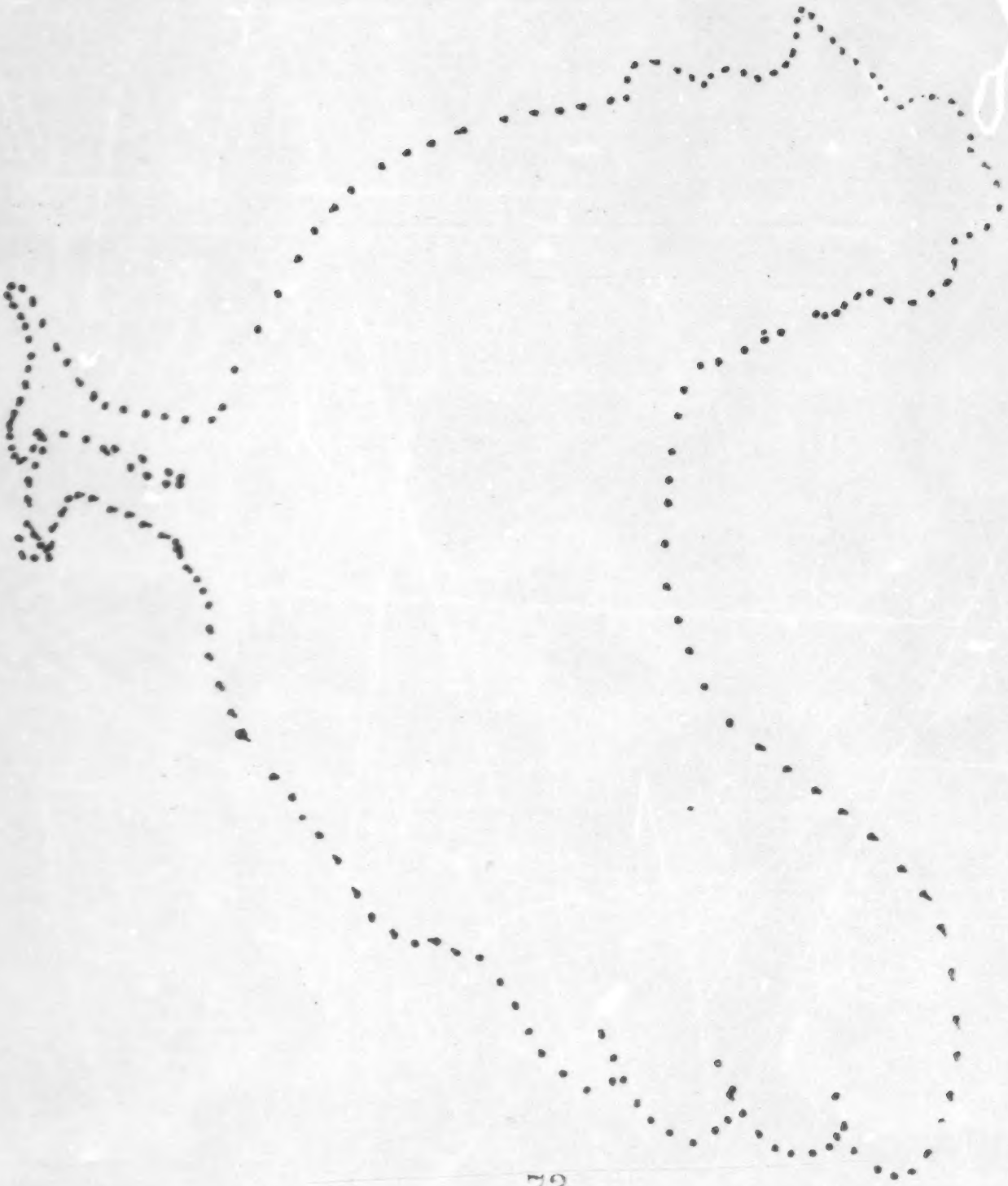
DRAGON - EGG CARTON

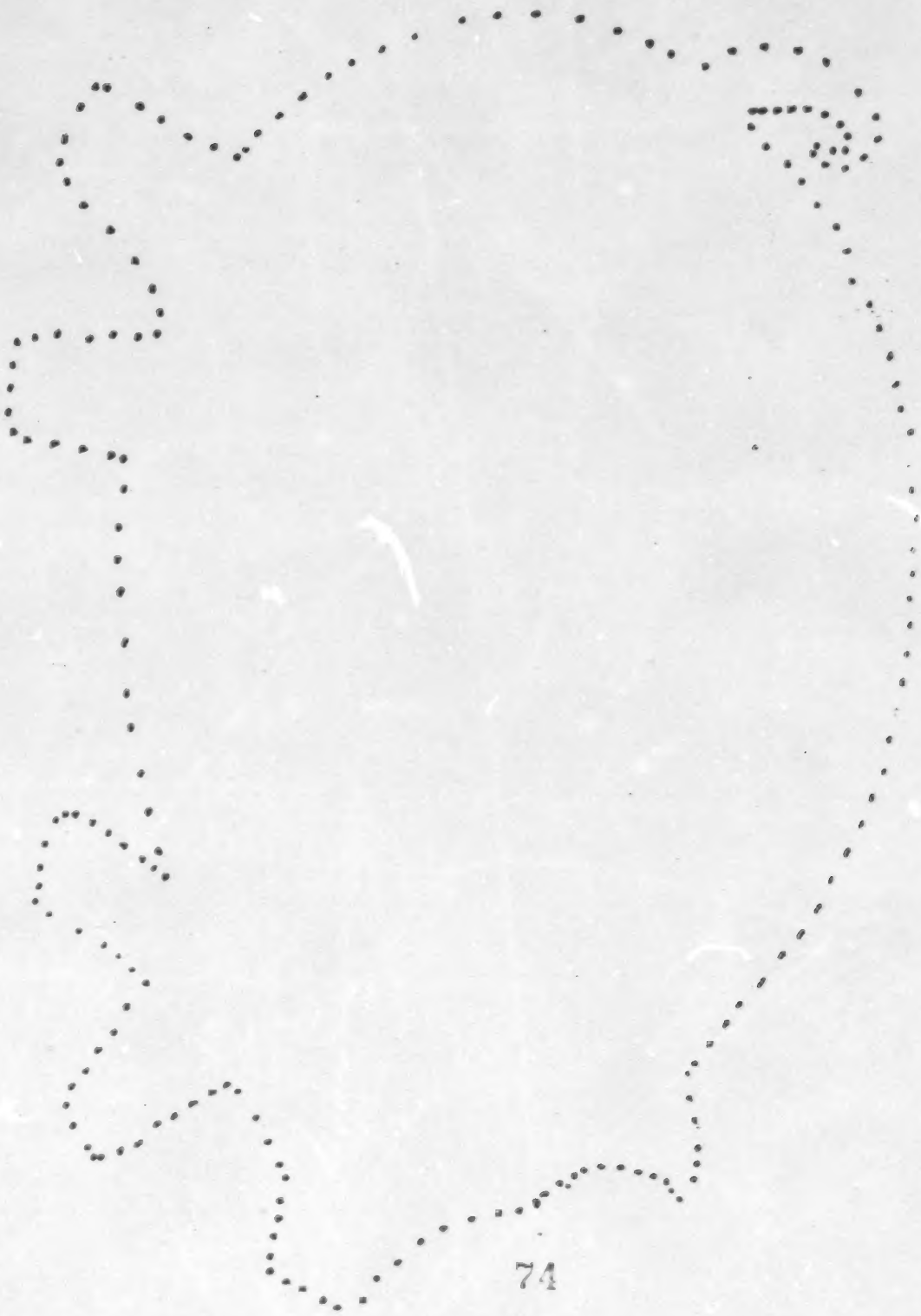
The Twelve Animals

The following pictures are of the twelve animals. Children can color it and create their own activities, such as, tell the stories, the shapes and the differences of the twelve animals etc.



71





75

77